



**OUT FROM THE SHADOWS**  
CONSULTING  
www.outfromtheshadows.ca

**Allan Kehler**  
B.Ed, B.PhEd.  
Speaker  
Author  
Mental Wellness Advocate

**BORN**  
**RESILIENT**



As a conference designer for close to 30 years, Allan is among the most memorable because his talks have an impact. He exhibits qualities that make for a great experience: He speaks from the heart, he is a great story teller, and he has an important message that everyone should hear. In short Allan cares and it shows.

– **John Brewer, Executive Program Developer, The Conference Board of Canada**



If you are looking for a speaker with integrity, emotional intelligence and someone who connects with your audience, Allan is your guy! He comes across to his audience with such genuine heartfelt sharing that it draws a person to be an active listener. If you are a supervisor, front line worker, parent or friend, there is a takeaway message. There are times for laughter, emotional self-reflection, and above all, hope for improvement as a team or as an individual.

– **Sandra Cripps, Chief Executive Officer, SASWH**



Allan's superior knowledge and compassionate nature makes him a valuable addition to any educational component. Allan has delivered numerous keynotes at our regional conferences, and his breakout workshops are always standing room only! Allan's ability to read an audience is exemplary, and his evaluations are always excellent. I would highly recommend Allan as a speaker!

– **Sandi Buscarini, Program Lead, Events Programming & Delivery, WSPS**



Allan is an energetic, captivating and dynamic speaker. He shares his stories in a way that tugs at the heart-strings while motivating you to make positive change. Every individual at the Canada's Safest Employers gala were hanging on to his every word. Allan truly has a wonderful gift.

– **Amanda Silliker, Editor Canadian Occupational Safety, Thomson Reuters**



Allan's message was the high point of our Mental Wellness Week activities, and I would highly recommend him. His message was delivered in such a caring, authentic and raw way that it had a tremendous impact on our audience. Allan made a difference in people's lives today.

– **Todd Denzin, VP Commercial - Potash, Nutrien**



I have attended several seminars on mental health and addictions in the workplace and found Allan's to be, by far, the most personal, insightful, educational and informative. He brought humor to an otherwise heavy topic without compromising the seriousness of the message.

– **Heather Ricketts, National Director of Employee and Labour Relations, Sleep Country Canada**



Allan has spoken at the Saskatchewan Industrial Safety Seminar many times over the years. He is repeatedly rated by delegates as one of their favorite speakers. Allan is professional and very easy to work with; as a show planner I never hesitate to bring him back!

– **Ryan Jacobson, Chief Executive Officer, Saskatchewan Safety Council**



Allan uses his education and life experiences to engage a wide spectrum of audiences on the topics of mental health and stress management. He adds humour, facts and tools which make his sessions not only highly useful, but also highly entertaining. The audience is left reflecting on the impact of these topics in their own life and the lives of those around them.

– **Amy Kembel, Manager, Safety & Training, Thunder Bay Hydro**



Allan's keynote was exceptional. Our members were actively engaged throughout the session thanks to Allan's interactive presentation style and his dynamic speaking ability. He kept the audience engaged and provided helpful tools to impact their professional and personal lives.

- **Eugene McKay, SK Executive Director, AFOA**



**PUBLIC EDUCATION BENEFITS TRUST**

Allan's comfortable stage presence, and his knowledge and passion surrounding his experience with addictions and mental health really confirm that this is what he is meant to be doing. He connected with each audience member on a very personal level, and directly contributed to the success of our conference.

- **Lori Lofthaug, Conference Coordinator, Public Education Benefits Trust**



Allan is a must see/hear speaker! I have purchased his books, subscribed to his newsletter, and continue to be inspired to be the best person I can be. The second time I had an opportunity to hear Allan, I quickly spread the news telling people they had to attend. His message makes people see they too can overcome their challenges.

- **Deb Roberts, Saskatchewan Workers' Compensation Board**